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Why am I injured?

Submitted by Pro Function Sports Injury Clinic

Have you ever had a moment where an injury occurs but you haven't done anything? How is this possible? How can a muscle – or a joint – be injured from doing nothing?

This is a typical response for a lot of musculoskeletal injuries. It is also a common response when we see patients returning to activity and sports as COVID restrictions are lifted. But, have you really done nothing during your time of shut down?

Here are a few things to consider that might be affecting your body as you return to activities: First, although you might have been finding new ways to stay fit, they might not be the ones your body is used to. You may have adapted to doing new workouts at home – perhaps more of a dumbbell weight workout rather than the equipment you use at the gym.

Working from home: Your ergonomics of working from home or school might not be the same setup as what you were used to. You might be working on a smaller laptop, a different chair, or a tablet for work and virtual meetings. It is not that any one kind of setup is bad, but eight hours of sitting in these positions can result in stiffness in areas you didn't usually have while you were at work.

Shoes: Typically, we wear them every day. Essentially, any time that we go out in public. However, this spring many of us spent months not wearing shoes inside. This is not to say that people should wear orthotic fitted shoes all the time, nor is this the argument to say that you should train in bare feet. However, if you have spent many years wearing shoes and then spent months not wearing them, it may have a mechanical effect.

Stress: Regardless of your circumstances, for many people this spring and early summer has caused us to react to changes – and for some it caused increased stress levels. We know that stress can have a physiological change on our body and how it performs. With no access to sports or athletics during this time, it has also decreased our outlets for stress management.

As we return to activities this year, we suggest to our athletes to have a gradual return to sport and activities to decrease injury risks. However, even if you are left with the question of 'how am I sore? I didn't do anything,' our Pro Function practitioners have the answers for quality treatment to get you back on track.

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As a result of COVID-19, many people are experiencing unfamiliar injuries – due to the change in their lifestyles and work environments. Pro Function can help address the cause and help in the healing process.

London SportsXpress.ca

JULY/AUGUST 2020
London & Area Edition

thelineup

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The camp experience – at home!

Contributions by YMCA

YCamp begins July 6!

With the closure of many camp programs this summer, throughout the city and across the country, we are excited to announce the launch of YCamp, a free virtual camp program for children and youth across Canada!

YCamp will keep kids active and engaged this summer with educational and fun activities. Delivered by YMCA camp staff across the country, campers will receive weekly challenges and a YCamp Passport to complete over the course of the summer.

No registration is required. Simply log on to: www.ymcahome.ca/ycamp to begin your virtual YCamp experience! More information will be made available soon.

The YMCA – a family affair

And when the YMCA eventually re-opens to the public following the COVID-19 pandemic? It will again provide a place for families to enjoy a fun and healthy environment – where everyone is welcome. The YMCA of Southwestern Ontario prides itself on enriching the community through 'growth in spirit, mind, and body' for people of all backgrounds, beliefs, and abilities.

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www.ymcawo.ca

The YMCA of Southwestern Ontario is joining YMCAs across the country this summer to offer YCamp, a free virtual camp program for children and youth – who can participate from home!

SportsXpress Network

JULY/AUGUST 2020

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Is your business ready for prime time?

Submitted by GOT GAME Marketing

Serial entrepreneurs Greg Matthison and Walter Browning are excited to announce the next evolution in their series of marketing businesses: GOT GAME Marketing.

"With our past businesses, we've experienced the confusion associated with digital marketing, and we've dealt with experts who ended up making it more frustrating at times," said Matthison. "But we still had hope, and we knew there was a massive opportunity to grow our businesses in the digital world. So, we persevered and assembled an all-star team of our own to create a digital marketing agency that includes industry experts who not only understand the power of digital marketing, but who understand the process and can effectively communicate with business owners and marketing directors."

A Straightforward Approach

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LONDON BLUE DEVILS LACROSSE NEWS

2020 BOX & FIELD SEASON CANCELLED DUE TO COVID-19

As the COVID-19 pandemic continued across London, Ontario and Canada, the London Minor Lacrosse Association (LMLA) worked closely with the Ontario Lacrosse Association and local government to ensure that we met all current health requirements. Unfortunately, it ultimately became evident that the 2020 lacrosse season would not be able to move forward as planned, and thus the season had to be canceled.

In the meantime, we encourage all kids to get outside and keep their lacrosse skills sharp by taking part in some of the online lacrosse events and social media programs that are being promoted by Zone 7 Lacrosse and many of the other amazing lacrosse programs.

We know that everyone misses lacrosse – and we miss it too! If we all work together to follow the recommended hygiene rules and social distancing requirements, we can all help reduce the spread of COVID-19 and ensure that our families, friends, and loved ones are safe and healthy! Follow us on Facebook, Instagram, and Twitter to stay up to date with all changes and announcements!

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Alumni giving back

Submitted by London Minor Football Association

The health and wellbeing of our community is always the top priority for the LMFA, and it has been since 1958. We want to thank the frontline and essential workers who are keeping the community safe during this difficult time.

This fall will be a unique and challenging season for everyone involved with LMFA. Our football family may or may not be together on the field at Citywide on Sundays, but we will continue to work together to support our community.

Aiden Dasilva, Scott Wilkinson, Brett Juergens and Danny Sadik

Aiden Dasilva in action during his LMFA years

Part of our commitment to the community is giving former players the chance to return and volunteer coach. Cameron Seybold is one of those players. He played for the Bulldogs in LMFA, and then went on to Banting High School and the Forest City Thunderbirds.

"The LMFA was the number one thing that prepared me for high school football," said Seybold. "The four seasons I played from grade 5 to 8 taught me a lot about the game and made the transition into the high school game nearly unnoticeable. LMFA allowed me to develop great relationships with coaches from across London, as well as some friends who I am still close with now."

Aiden Dasilva, meanwhile, played one season of LMFA in his grade eight year for the Red Storm before joining the Thunderbirds and CCH.

"When I first started playing, I had no idea what I was doing," said Dasilva. "LMFA taught me the basics, and football became my favourite sport."

Both Cameron and Aiden both returned to help coach their former teams.

"Coaching with LMFA gave me the responsibility I needed, and it felt great to teach other players that were new to the game like I was," said Aiden.

Cameron Seybold is another success story of an LMFA graduate returning to coach in the program

Added Cameron: "I have loved coaching for the Bulldogs over the past three years. It is a great way for former players to give back to the league that helped them develop. I also personally find coaching to be one of the most fulfilling things to do, as you get to see the players you coach develop over the season – or over many seasons in some cases."

Registration for the fall house league season is open online for everyone in the Under 10, Under 12 and Under 14 age divisions. Registration deadlines and information will be updated as needed and posted on our website.

Please visit www.lmfafootball.ca or call 519-852-4465 for more information.

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No summer ball, hopes for fall

EBBA Eager Beaver Baseball Association

Submitted by Eager Beaver Baseball Association

It was with great disappointment and heavy hearts that we had to cancel the 2020 EBBA season in June. The EBBA board has long held out the hope that there would be a way to run a modified season this year, but unfortunately the following factors made that option impossible:

- Baseball Ontario suspended all in-person baseball activities through June 15. Since EBBA is insured through Baseball Ontario, it was not possible to have insurance coverage until Baseball Ontario allows in-person baseball activities to resume.
- The provincial government, at the time of this writing, had not given a date for team sports to resume. With the recent rise in the number of confirmed Covid-19 cases, it did not appear that the province would be lifting the ban any time soon.
- The City of London had already notified us that once the go-ahead is given from the province, it would take at least two weeks before the City would be able to issue permits for any locations. Organized teams cannot use fields or diamonds without City permits.
- The City also informed us that they would not have staff available for weekend support, which means that diamonds would not be dragged and made playable on the weekends.
- If and when a date to begin team sports arrives and the City issues permits, the time necessary to contact all players, offer the option of a full refund or participating in the season, and then putting together a season that would not include weekend play, was just not feasible.

Colman Day 2019 - Rookie Division

All registration fees paid this year will be refunded in full.

The board of EBBA would like to thank you for your continued support and patience during this time. If an opportunity to run a short fall season materializes, we will send out an email with all registration information. As well, keep checking our website at ebba.ca. Right now, we still plan to be running the indoor clinics starting in January.

We hope to see everyone back on the diamonds in 2021!

Sincerely,

Your EEBA Board of Directors

www.ebba.ca

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New-look...Brewers?

Submitted by LMBL

Change is generally a good thing. Certainly, some change can be stressful. But, generally speaking, when changes occur, we learn to adapt and grow from the challenge that has been presented.

All of us have been recently affected by the changes to our family, work and even our sports environments.

The LMBL Giants decided for their 2020 season – and beyond – that they weren't just going to make a small change but instead a complete overhaul – a brand new renaming of their team. Exit Stage left London Giants, we now present the London Brewers!

"The team has completely changed the roster over the last decade-plus," says Daryl Badder, a 10+ year veteran of the Giants. "We felt it was time for a new identity. We feel the name represents the ideals of our team."

Having some fun uniform options, Daryl noted, was an added bonus.

Why the Brewers? Brandon Campbell, the team's shortstop, said, in jest, "A 30 and over league played mostly on Sundays without a team named the Brewers?! It just seemed wrong. You're welcome, LMBL."

If you spend any time with Brandon and hear the tone and cadence of this comment, you will of course laugh or at the very least chuckle.

Monday to Saturday can be crazy in any household. With the LMBL playing games on Sundays, it allows our players the flexibility to be family friendly.

"Sunday ball is a fun competitive league that doesn't require any travel, is on a set day, and features a great group of people while maintaining a good play/life balance," says RJ Milne, a second baseman with the LMBL's Brewers.

The entire LMBL is hoping to play some ball in 2020 – but especially the Brewers, in hopes of breaking in their new threads very soon. And with the 'Quarantine 15' weight gain, let's just hope they fit ...

www.lmblbaseball.ca

The LMBL's long-time Giants (shown here after being crowned B champs in 2019) are undergoing a facelift for the 2020 season and beyond, renaming and rebranding themselves as the Brewers! Now, they're looking forward not only to baseball, but to don some new snazzy uniforms.

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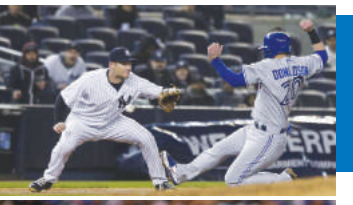

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How are your soccer legs?

By Gwen MacLean for Living Balance Clinic

You probably train your legs and feet to be strong and agile by using weights, stretching and performing drills. Maybe you've sprained an ankle once or twice; maybe you've had a knee injury or hamstring tear; and maybe you've been to physiotherapy. But have you had someone really assess whether you are using your feet and legs to their best biomechanical advantage?

Our feet are designed to give us the lift and spring to propel us forward. But a large percentage of my clients are not using their feet properly. With a few easy tweaks, I can show you how to get a greater advantage in your game and reduce your possibility of injury.

(Left to right) Front row: Miguel Achtymichuk, Anthony Zarola, Scott Burgess, Kristy Beck, Stephanie Fung. Second row: Andrew Ven Meer, Ian Griffin, Sean Coombes, Lenore Attridge, Erika Hill, Tiffany Carter, Isabelle Aubé-Peterkin and Monika Daigle.

A couple of testimonials …

"I was glad to connect with Gwen because I was looking for someone to help me with a chronic hamstring injury that I got playing soccer. Every year I played I would have to take time off because of the injury. Structural integration helped with my posture and gait – and helped minimize time off from my sport." ***– Dr. Katelyn Butler-Birmingham, BSc, ND*** (www.naturopathicallyfit.com)

"I first came to see Gwen for pain in my knee. I'd done physiotherapy, which helped, but it wasn't fully back to its usual self. I went in for a regular massage session with Gwen, and she suggested the 10 sessions of Structural Integration and explained how the pain in my knee could be related to some other underlying issues and that my whole body would benefit from it. I wasn't prepared for the transformation! I am able to play soccer without my bunions hurting and without getting huge blisters. I have a better posture, and my upper back pain caused from working at a desk all day is gone. Best of all, the pain in my knee is now non-existent and hasn't reappeared! Thanks Gwen!" ***– Monika Daigle***

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We will disinfect all contact surfaces in the clinic and in the hallway before your appointment. You will be required to come in a with a clean mask on, and I will be wearing one as well. The sheets are always freshly laundered. You should arrive five minutes before your appointment and wash your hands as you enter. I will email your receipt and any exercises after your appointment. I hope to see you soon!

www.livingbalanceclinic.ca

Season canceled, but new field ready

Submitted by FC LONDON

This year will unfortunately be remembered as the season that wasn't. Many players and teams have had their summer seasons cut short by the COVID-19 health crisis. But although time on the field and in gameplay has been nonexistent, the London TFC soccer club continues to look for innovative ways to keep coaches, parents, players, and fans engaged through online activities, eLearning, games, and the hope that field time may only be months away.

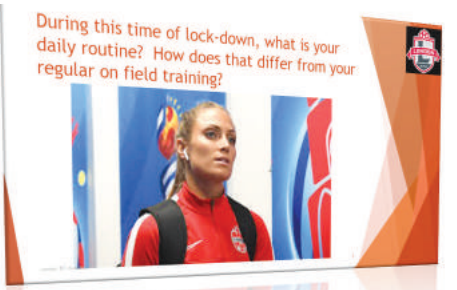
Much of the guidance has come from Ontario soccer, which has done an exemplary job of identifying best practices, guidelines, and recommendations on how to safely create an on-field educational environment to keep spirits and enthusiasm high. Through its multi-tiered approach, in coordination with local municipalities, a safe and healthy environment for players means that we will be back to gameplay soon.

The London TFC soccer club has filled the gap with guest speakers, which have included Shelina Zadorsky (Orlando Pride, NWSL, Canada Women's National Team) and Jonathan Osorio (Toronto FC, MLS, and National Team player).

Unfortunately, the same optimism can no longer be held for the League1 season for both men and women. It was cancelled in early June and will not resume until 2021. A disappointing turn of events, to be sure, for players looking to make their mark as they look ahead to their university/college and professional careers.

"It's been hard on parents and players, not knowing what is next and what the balance of the season might look like," said Ian Campbell, CEO of FC LONDON and London TFC Academy. "We're committed to providing a secure 'return-to-play' environment for all."

Club Director Dave Debenedictis and Youth Technical Director Ruben Quintao have been working hard to create activity plans and field enter/exit strategies which meet and exceed Canada Soccer guidelines. The club has also secured PPE materials in a coordinated effort to get back to the field safely.



Shelina Zadorsky, a member of the Orlando Pride and Canada's Women's National Team, was a guest speaker for the London TFC soccer club during the COVID-19 quarantine, as she shared some tips and advice with the young athletes.

FC London is counting down the days to when they'll be on their new Tricar field. The lights are up, and the turf is down on the full-sized athletic field in Southwest London, directly behind the Tricar office building. The training centre setting includes bleachers, state-of-the-art floodlights, drainage, and a clubhouse complete with patio, two dressing rooms and a common room. The Carapella family continues to drive the project forward, and an anticipated opening date, at the time of this writing, was July 31.

Keep checking the website for further details on all things FC LONDON and London TFC Academy!

www.fclondon.ca

The lights are up and the turf is down on Tricar Field, which will be the new home for London TFC Academy when play resumes following the COVID-19 pandemic.

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Exciting Club Announcement:

Please help us welcome Rhys Desmond as our Club Technical Leader!

Rhys is a CSA 'C' License Trained coach from the North West of London, ON. He holds a B.A. in Rec. & Leisure Studies from the University of Waterloo. He is currently completing his Master's degree in Sport Management & Leadership at Western University, while involved in the teaching of Coaching, Leadership and Management courses to undergraduate students.

Rhys previously worked with NorWest Soccer coaching the 2007 Girls development team (2016-2018), 2006 Girls recreational teams (2014-2016) & as part of our Summer Crew. More recently, Rhys worked locally with 2007 Girls & 2011 Boys as Head Coach (2018-2020) and was involved in leading an Active Start program.

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Boyle gets better during shutdown

Contributions by Steve Boyle

Kaleb Boyle, a born and raised Londoner, is a 10-year-old junior black-belt in karate. How dedicated to the sport is Boyle? Despite COVID-19 shutting down the youth sports world, with practices and competitions canceled daily, Kaleb has actually flourished as an athlete during this time, improving his skills and advancing his status in the sport.

Boyle simply didn't accept that a shutdown meant not participating in the sport that he loves. He saw an opportunity to work even harder, knowing that his competition would likely take their 'foot off the gas' with their own training, etc. But with the use of virtual meeting platforms and virtual tournaments, both live and pre-recorded, Kaleb has actually competed MORE during the pandemic.

Determined not to be slowed by the COVID-19 pandemic, Kaleb Boyle continued his training and jumped into virtual competitions. During the first half of 2020, the Londoner had competed in 50 events around the world, winning an impressive 100 medals along the way.

"With COVID-19 crushing the 2020 season, most organizers jumped to virtual platforms, which is perfect for us," said Kaleb's father, Steve Boyle. "No cost to fly around the world, no hotels, no being away from home 10 days a month ... and the level of competition has increased dramatically because all countries can be together online, so it's truly an international field of competitors now."

Kaleb has single-handedly put himself on the map in the martial art during COVID-19. He has trained full-time with Sifu Julian Shamuon of Hotshot Athletics in Cambridge and Julian's father, Sibok Tom Shamuon, of Generation Martial Arts in Waterloo.

"When you want to compete at the highest level in karate, you have to seek out the greatest instructors – and we found them an hour's drive away from home," said Boyle.

Kaleb typically trains five days per week, and he competes all over the world. In just the first half of 2020 alone, the young athlete had entered 50 tournaments and won 100 medals (41 gold, 44 silver, 15 bronze). He participated in championships in 12 countries, including Austria, South Africa, Costa Rica, Mexico and Argentina, to name a few.

Nicknamed 'The Hype,' Kaleb won four silver medals and a bronze at the 2020 Virtual World Championships. He received the Grace Connolly Leadership Award for Sports Excellence, and he was runner-up for the Under-17 Ironman Challenge (at just 10 years old). After starting 2020 ranked 54th worldwide in kata league (out of 150 competitors from more than 50 countries), the Londoner has impressively climbed to the #2-ranked position.

Follow Kaleb's karate journey on Instagram!

@kaleb_the_hype_boyle

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Karate kicks COVID

By Mike Donovan, President, Olympic Karate Academy

When the COVID-19 crisis hit in mid-March, everyone was surprised – and not really prepared – for the world downturn. As we take steps to recover from COVID-19, we find that there are opportunities for a new, better, more considerate, and less stressful way of living. People are learning to work from home, school closings have given us more time with our children, and social distancing has taught us patience and to give each other more room.

Olympic Karate, which has been holding virtual classes in recent months, has shared a new perspective with its athletes. And when in-person classes resume, the club will be highly focused on courtesy and respect – rather than ego and false confidence. Hard work and patience will be the name of the game.

All of our karate classes in recent months have been online virtual classes, which, for many of us, is a new and different challenge. But we are making it work, and now a new tool has been added to our curriculum. When the government allows us to reopen physical classes without risk to our students, we will continue with virtual classes as another teaching tool to help all of our students to review and stay current with classes even when physical attendance is not possible.

Instead of large, over-attended classes, we will have more help and attention available to our athletes. Our students will train more for practical karate rather than trophies from competitions. The concepts of courtesy and respect will prevail over the ego and false confidence of the 'Big Show.' Hard work and patience will be what is important in the martial arts when we get back to regular training.

As an instructor with over 50 years of teaching, I believe that sometimes a crisis like COVID-19 makes us take steps backward in order to reset and move forward with a new and improved future. We can get off the hamster wheel and spend more time with each other as we strive to be our best – and to be helpful and tolerant and more considerate and caring of others.

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Family Karate

Athletes adapt, continue training hard

Submitted by Family Karate Centres

The last few months have been strange for a lot of athletes – without the proper facilities and equipment to practice at home. Luckily, the Family Karate Competition Team has been very keen on keeping up with their skills and finding new and unique ways to train within their own homes. Two of the team's coaches, Jake Lindsay and Nathan Parker, started posting workouts and drills for the team to use as motivation and to give them a way to focus on certain strengths or disciplines.

After almost six weeks into quarantine, the team began running Zoom classes from their homes. Every Wednesday evening, the coaches would lead the team through a live workout while focusing on drills to improve their power and speed as they worked with their teammates for the first time in almost two months. These classes continued for another few weeks, leading into the end of May, with nearly 20 of our competitive students doing the class every week.

The work ethic shown over the last 12 weeks has been incredible, as many of the coaches and parents have been extremely impressed with the opportunity these team members have seized on to continue their training and making sure that they don't miss a beat for the tournament season – which will hopefully resume in 2021.

familykarate.ca

Despite the COVID-19 pandemic, the Family Karate Competition Team adapted to the challenges, and its athletes continued to train at home – thanks to virtual coaching and classes.

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A trending call for cheer

Submitted by CheerStrike

While the Royal Family of cheer was isolated from their home away from home (the CheerStrike gym), we used social media to let the world know that #cheerismysport.

After being denied access to return to training, because we are not funded by Sport Canada, our families wanted to make it clear that Cheer is a sport! It's a sport that takes athletic talent and skill, mental focus and resilience, and long term commitment to training and development. And it is highly competitive all throughout the world.

The hashtag, started by the Reid family, caught on, and soon athletes from all over Canada were posting in support of #cheerismysport. The direct comparison was with competitive gymnasts, who were allowed to get back to training in phase one of the reopening in Ontario. We wanted the government to know that competitive cheer athletes deserved that same opportunity; to get back to the sport they love and get back into competitive shape.

Cheer is one of the fastest growing sports in the world, which is why it's now recognized by the IOC as a provisional Olympic sport. Why is cheer the sport kids are choosing? Because it combines three amazing features: challenging athletic skill, teamwork and bonding, and performance. For these reasons, and so many more, #cheerismysport is the call to action for athletes to fight the outdated stereotypes and be representatives of the future of cheer.

Cheer is worldwide, it is competitive, and it is undoubtedly sport. Interested in joining the Royal Family for Season 8? Email us today at info@cheerstrikeroyals.com.

www.cheerstrikeroyals.com

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Cheer athletes across Canada, including from the talented CheerStrike Royals program, spoke up in support of the sport recently, using the hashtag #cheerismysport to celebrate the many positive features of the sport – and the many skills required to participate in cheer.

Game On!

Submitted by Power Cheer Gym

The seemingly eternal wait to get back to the Power Cheer Gym after the COVID-19 shutdown is over. Granted, we do have a number of new protocols in place, and our 'normal' tryouts, try-its and athlete assessments for team assignments has been altered slightly ... but, for the most part, it is Game On!

The first order of business for both returning cheer athletes, as well as new interested kids aged 4 through 18, is to connect with the gym via email, Facebook, Instagram, or phone. Arrange a time to come by to meet the staff and, most importantly, to get started. The early part of July will focus on getting everyone back into it – and for new cheer athletes to learn the fundamentals.

The gym offers both individual and group cheer-tumbling and preparatory skill classes (on the website, click the 'Register Here' link). If you are not available for part of the summer, or if you think you are possibly late to the party, don't worry! We will be accepting new team members and building the squads for all age groups throughout the summer and into September. In other words, it is never too late to join. As the COVID restrictions are removed and lessened, we will re-engage full team skills and routine work and assemble the various teams and skill levels.

Big news over the past few months was the inclusion of Cheerleading (gyms, specifically) under the wing of the Ontario Ministry of Sport, Heritage and Culture as a recognized sport. That Cheer had previously been picked up by the International Olympic Committee under provisional Olympic status certainly helped, but we are all appreciative that Sport Ontario has followed suit.

www.powercheergym.com

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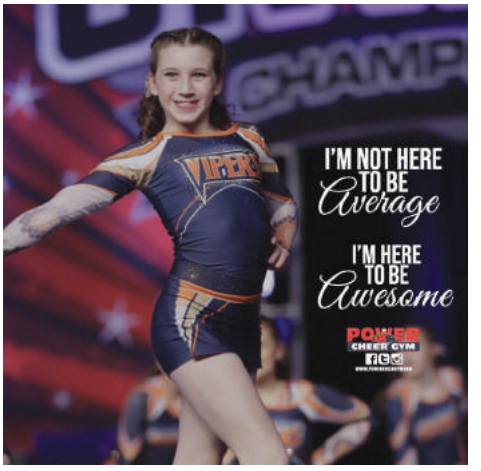

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Is online the way to go?

Submitted by Coach Rory, owner of RPG Training Systems

If you are like most, you started the COVID-19 quarantine full of hopes of using the time to get in shape; referring to Google, Instagram, or Pinterest to help you navigate all of the free bodyweight training programs developed by almost every trainer and coach on the planet.

Your newfound energy for training, which lasted a few weeks, may have been met with the same old thing ... high-intensity workouts without any real substance or purpose. Random exercises thrown together with ridiculously high repetitions, little to no consideration of rest, and zero quality control.

RPG Training Systems has approached the self-isolation with solutions to many athlete problems. Our Virtual High-Performance Training program began as a way to support our volleyball athletes with programming, support, and connections to top OUA coaches. But RPG has since expanded the online offering to athletes from all sports – including soccer, baseball, football, and track & field, to name a few. With one-on-one coaching, at-home training equipment options, and online programming with video support, the RPG Virtual High-Performance Training program is certain to improve performance in preparation for fall and winter sports competitions.

For information and to book a free consultation, visit www.rpgtrainingsystems.com.

Is online better? Not always. As restrictions continue to be lifted, we are also offering one-on-one and small group coaching to athletes in London and St. Thomas. Get in touch for more information!

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Together in Heart

By Richelle Hirlehey for Dance Extreme

We are now in our fourth month since the closure of Dance Extreme in March. Like all other businesses and arts-focused organizations, our physical studio has remained closed to our members and dancers. On June 13, though, our Faculty came together to host a 'Drive-By' Hawaiian Luau to bring our members together and provide our dancers with the chance to say hello to their Dance teachers and assistant teachers. Spending a sunny Saturday in the parking lot of our studio plaza sure was a wonderful way to lift the spirits of many of our dancers who have not seen their dance friends and teachers since March.

Our assistant teachers played a large role in welcoming members to our drive-by with homemade signs of encouragement and positivity. They handed out Hawaiian Lais, bubbles, and fun Dance Extreme trinkets.

"Some may look at this time as a detriment to their business, but Dance Extreme has come out stronger in the end by believing in the importance of the social connection that dance brings to all of us," said Dance Extreme's Assistant Director, Richelle Hirlehey. "By thinking outside the box, Dance Extreme has been able to provide its dancers and families with a new kind of dance experience, through online Zoom dance classes, weekly Facebook live family fun events, virtual team meetings, parking lot performances, and our Drive-By Luau."

We would like to thank all of the families who joined us at our Luau!

Beginning July and through into August, Dance Extreme will be running our Summer Dance Camps (Virtually!) For more information about our exciting summer programs, please visit our website at www.danceextreme.com.

www.danceextreme.com

Dance Extreme members had a reunion of sorts with each other and their dance teachers during a 'Drive-By' Hawaiian Luau on June 13, where they spent some time together (while taking all safety precautions, of course) and lifted each other's spirits.

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A timeless philosophy

Contributions by Red Circle Hockey Club

It's a milestone year for the Red Circle Hockey Club in 2020/2021 – the impressive 50th anniversary of the organization, which traces its creation back to 1971. Today, the originating philosophy continues to be the driving force for the hockey club: 'Equal Opportunity Regardless of Ability.'

There was a day when London had only four skating pads (Silverwoods, Farquharson, Carling, and Kinsmen), each of which was outdoors, and when minor hockey was hardly heard of. Organized youth hockey eventually took off, including at rinks like Stronach Arena (the home of Red Circle), and the Ontario Minor Hockey Association (OMHA) was the early (self-appointed) governing entity for all of Ontario.

The OMHA set the rules. But people like Mac Beach, Al Langille, and Jim Leonard, Red Circle visionaries, felt there were kids (and parents) who did not want to play stringent competitive hockey. These kids were not your superstars (nor did they want to be). They just wanted to be involved in a hockey program where they would be treated equally and get as much ice time as the other boy or girl.

The Stronach Minor Hockey League evolved from Mac's dream and provided a 'house league' program for these young kids. There was still competition between the teams, but it wasn't 'win at all costs.' Soon, the league grew and encompassed players from ages 5 to 17. Membership in the club grew, and in 1971 the league was incorporated as The Red Circle Hockey Club.

Since then, many thousands of kids and multiple generations of players have gone through the Red Circle program. Today, Today, the league consists of dozens of teams and more than 1,000 players aged 4 to 20 (from Mite to Juvenile). Red Circle caters to all levels of hockey ability.

Besides a fun House League program, which continues to grow, the Red Circle Hockey Club also has a Select program which travels and competes against other centres in southwestern Ontario. Players who are registered and play in the House League program make up the Select teams.

Registration is open for next year. Early bird pricing has been extended to June 1. One thing players can be guaranteed from registering with Red Circle? 'Equal Opportunity Regardless of Ability.'

www.redcirclehockeyclub.com

Thousands of kids and multiple generations of players have gone through the Red Circle program. The most famous? Former NHLer Eric Lindros, who began playing in the league's Tyke Division before eventually becoming an NHL star. Shown here is Lindros' team photo with Red Circle.

The rise of Connor McMichael

Submitted by the London Knights

When the London Knights traded Robert Thomas to the Hamilton Bulldogs in the midst of an exodus of stars in January of 2018, they needed to make sure they were adequately compensated for giving up their captain. Thomas was fresh off winning a gold medal with Team Canada at the World Junior Championships, and he was leading the team in scoring at the time of his departure.

Alongside an assortment of Bulldogs draft picks, rookie centreman Connor McMichael arrived in London for the second half of the season. The Ajax, Ontario native had impressed the Knights prior to being selected 11th overall by Hamilton in the 2017 OHL Priority Selection. Not unlike Thomas, McMichael was lauded for the defensive side of his game, as well as his intelligence and determination.

"We think very highly of this young man and think he's going to be a star player in this league," Knights GM Rob Simpson told Ryan Pyette of the London Free Press.

Fast forward two seasons and that prediction has certainly proved accurate. McMichael was named to the OHL's second all-star team following a breakout season. Graduating to a first-line role in his third year in green and gold, he thrived with the increased ice time and was one of the most dangerous players in the league. His 102 points in 52 games were the most by a Knight since the trio of Mitch Marner, Christian Dvorak and Matthew Tkachuk all surpassed the century mark in the 2015-16 season.

Although those within the Knights organization knew the heights McMichael could reach, the scouting world didn't foresee him turning into a forward capable of playing on a top line at the NHL level. Heading into his draft-eligible season, NHL Central Scouting assigned him a 'C' rating, indicating he would be selected after the third round. Even after leading the Knights in scoring and rising to 24th amongst North American skaters in the bureau's final draft rankings, plenty of scouts didn't envision the offensive upside that the centreman displayed this season.

In the weeks leading up to last year's draft, most prospect writers slotted McMichael as a second-round pick. They pointed to his drop-off in production when not utilized in a top role and a lack of high-end skill or strength as reasons for his placement. Thus, they were critical of the Washington Capitals' decision to select McMichael with the 25th overall pick.

They were promptly forced to eat their words when the 19-year-old took the ice this season. By November, he had been named OHL Player of the Week twice and sat second in league scoring. He established himself as the go-to-guy in London; when the Knights needed offence, McMichael was called upon. This was evident when he scored the fifth, sixth and seventh goals in a 7-6 overtime victory against Erie.

Knights forward Connor McMichael, who led the team in scoring this year with 102 points in 52 games, has transformed himself from an NHL draft afterthought to an OHL star and future pro.

Some may look at McMichael's surge in production and attribute it solely to an increase in ice time. However, according to Pick224, he played an average of 17.63 minutes a night in his draft year and 23.19 this season (a 32 percent increase) and scored at a rate of 1.07 points per game last year and 1.96 this season (an 83 percent increase!) The Capitals prospect clearly found a new level to his game.

McMichael credits his exploits to his time at Washington's development camp.

"I feel like I got a lot of confidence up at Caps camp and I was able to bring that back here and show everyone what I learned," he told Capitals beat writer Tarik El-Bashir.

Capitals head coach Todd Rierden noticed his first-round pick was absorbing everything around him. Playing alongside and against the defending Stanley Cup champions, McMichael became increasingly aware of the demands of the pro game.

"He was a guy that kept getting better every day," Rierdan told El-Bashir.

When McMichael arrived back from camp, he was faster, stronger and ready to continue to work on his game. He demonstrated his ability to drive a line by himself and make high-end plays throughout the season.

National prospect writer Scott Wheeler of The Athletic noticed better puck handling ability and quicker feet from the six-foot, 181-pound forward, and said he would go higher than 25th overall in a redraft.

With the trajectory McMichael is currently on, it is a scary prospect to imagine him returning to play another year of junior. The Capitals currently have centremen Nicklas Backstrom, Evgeny Kuznetsov, Lars Eller and Nic Dowd signed through 2021-22, and the 19-year-old is ineligible to play in the American Hockey League for another season. Although where he will play next season is undetermined, one thing is for certain: The Knights decision to trade for McMichael has paid off and then some.

www.londonknights.com

Where the story began...

Submitted by EnviroNize

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Members of the EnviroNize team (left to right): Leo Cuarteros, Operations Manager; Phil Pecoskie, President; Denis Haxha and Rob Horst, Business Development

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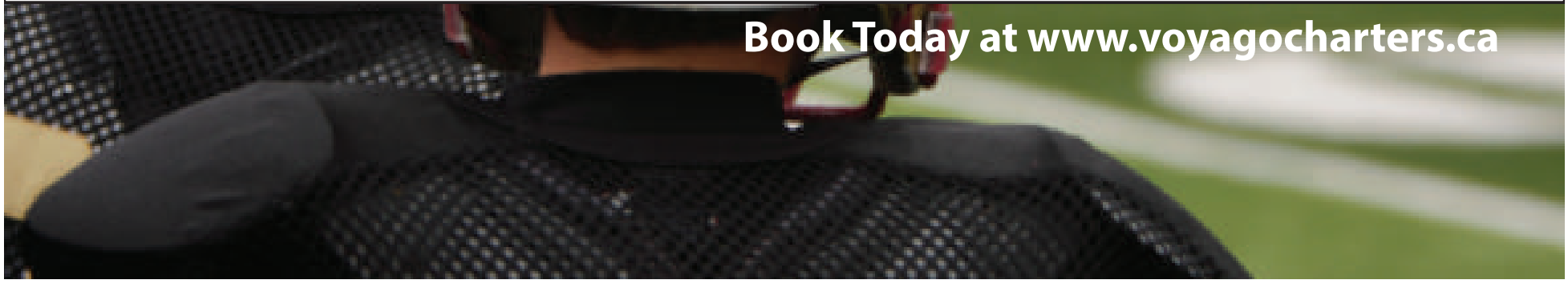

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